

# John maio's workout regimen

John Maio's workout regimen is centered on **functional performance fitness** and a balanced approach that prioritizes strength training, proper recovery, and overall movement quality. As the owner and head trainer of New York Sport & Fitness and Head Strength & Conditioning Coach at Elmira College, Maio's programs are designed for both athletes and non-athletes, focusing on building a strong foundation before layering in more advanced or specialized training<sup>[1][2]</sup>.

## Key Elements of John Maio's Workout Regimen:

- **Strength Training Focus:** Maio emphasizes starting with strength training rather than jumping straight into cardio. He believes that building a foundation of strength is crucial for improving how you look, feel, and move<sup>[3]</sup>.
- **Full-Body Workouts:** Instead of the traditional bodybuilding split (chest day, back day, etc.), Maio advocates for full-body workouts to ensure balanced development and functional strength<sup>[3]</sup>.
- **Training Frequency:** Typically, strength workouts are performed three days per week. This allows for adequate recovery, as muscle growth and repair occur during rest days<sup>[3]</sup>.
- **Active Recovery and Cardio:** On non-strength days, cardio or other forms of movement can be incorporated, but additional lifting is avoided to prioritize muscle recovery<sup>[3]</sup>.
- **Functional Performance:** Maio's philosophy centers on functional movement and performance, helping clients not only look better but also move and feel better in daily life and sport<sup>[2]</sup>.
- **Customization:** Programs are tailored to the individual's goals, whether that's athletic performance, weight loss, or general health, and are informed by functional movement screening and nutritional guidance<sup>[2]</sup>.

## Credentials and Approach:

- Maio is a Certified Strength and Conditioning Specialist (CSCS) and holds additional certifications in functional strength coaching, movement screening, exercise nutrition, and spinning instruction<sup>[1][2]</sup>.
- His approach is widely respected by sports teams and the broader fitness community for its effectiveness and adaptability<sup>[2]</sup>.

### Summary Table:

Component	Maio's Regimen
Primary Focus	Strength & functional performance
Workout Split	Full-body, 3x/week
Recovery	Rest or cardio on non-lifting days
Cardio	Supplemental, not primary focus
Customization	Yes, based on goals & movement screens
Credentials	CSCS, CFSC, FMS, Nutrition, Spinning

Maio's regimen is designed to maximize results through **efficient, science-based training and recovery**, making it suitable for a wide range of fitness levels and goals<sup>[3][1][2]</sup>.

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1. <https://athletics.elmira.edu/staff-directory/john-maio/169>
2. <https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx>
3. <https://www.youtube.com/watch?v=9bBftqLBSG4>